

Autumn  
**WEEKLY**  
**MEAL PLANNER**



BROUGHT TO YOU BY *el gusto*

# WEEKLY MEAL PLANNER

24.03.25 - 28.03.25

MONDAY

## MAIN: 5-INGREDIENT RED CURRY CHICKEN & SWEET POTATO WEDGES

APPROX. 40 MINS



TUESDAY

## MAIN: FISH IN BEER BATTER

APPROX. 25 MINS



WEDNESDAY

## MAIN: MIDWEEK RISOTTO WITH FLAVOURS OF THAILAND

APPROX. 1 HR 20 MINS

### SIDE: SPRING ROLLS

APPROX. 45 MINS



THURSDAY

## MAIN: FAMILY MEAT LOAF

APPROX. 1 HR

### SIDE: CROQUE MONSIEUR JACKET POTATOES

APPROX. 1 HR 15 MINS



FRIDAY

## MAIN: SLOW-COOKED GREEK LAMB GYROS

APPROX. 14 HRS



BROUGHT TO YOU BY *el gusto*



# WEEKLY MEAL PLANNER

24.03.25 - 28.03.25

## INGREDIENTS:

MONDAY

### 5-INGREDIENT RED CURRY CHICKEN & SWEET POTATO WEDGES

- chicken breasts
- Thai red curry paste
- coconut cream
- orange sweet potatoes/kumara
- lime wedges
- olive oil

TUESDAY

### FISH IN BEER BATTER

- fillets of fish
- plain flour
- light beer
- baking powder

WEDNESDAY

### MIDWEEK RISOTTO WITH FLAVOURS OF THAILAND

- butternut pumpkin/squash
- olive oil
- coconut oil
- boneless, skinless chicken thighs
- onion
- garlic cloves
- lemongrass
- ginger
- arborio rice
- Thai red curry paste
- chicken stock
- tinned coconut milk
- lime
- brown sugar
- soy sauce
- pineapple chunks
- lime leaves

### SPRING ROLLS

- oil
- garlic cloves
- pork mince/ground pork
- green cabbage
- bean sprouts
- carrots
- sea salt
- soy sauce
- cornflour/cornstarch
- spring roll wrappers
- apple cider vinegar
- brown sugar
- tomato sauce/ketchup

# WEEKLY MEAL PLANNER

24.03.25 - 28.03.25

## INGREDIENTS:

THURSDAY

### FAMILY MEAT LOAF

- |  |   |
|--|---|
| <input type="checkbox"/> vegetable oil       | <input type="checkbox"/> passata (or pizza sauce) |
| <input type="checkbox"/> medium onion        | <input type="checkbox"/> basil leaves             |
| <input type="checkbox"/> smoked bacon        |   |
| <input type="checkbox"/> smoked paprika      |   |
| <input type="checkbox"/> fresh breadcrumbs   |   |
| <input type="checkbox"/> lean beef mince     |   |
| <input type="checkbox"/> egg                 |   |
| <input type="checkbox"/> garlic cloves       |   |
| <input type="checkbox"/> spicy tomato relish |   |

### CROQUE MONSIEUR JACKET POTATOES

- |   |   |
|---|---|
| <input type="checkbox"/> rock salt      | <input type="checkbox"/> cheddar/tasty cheese |
| <input type="checkbox"/> small potatoes | <input type="checkbox"/> egg yolks            |
| <input type="checkbox"/> ham            |   |
| <input type="checkbox"/> butter         |   |
| <input type="checkbox"/> flour          |   |
| <input type="checkbox"/> milk           |   |
| <input type="checkbox"/> dijon mustard  |   |

FRIDAY

### SLOW-COOKED GREEK LAMB GYROS

- |   |   |
|---|---|
| <input type="checkbox"/> fresh rosemary                 | <input type="checkbox"/> roma/plum tomatoes |
| <input type="checkbox"/> dried oregano                  | <input type="checkbox"/> small red onion    |
| <input type="checkbox"/> garlic cloves                  |   |
| <input type="checkbox"/> olive oil                      |   |
| <input type="checkbox"/> lamb shoulder                  |   |
| <input type="checkbox"/> brown onion                    |   |
| <input type="checkbox"/> cucumbers                      |   |
| <input type="checkbox"/> greek yoghurt                  |   |
| <input type="checkbox"/> lemon juice                    |   |
| <input type="checkbox"/> lemon zest                     |   |
| <input type="checkbox"/> garlic powder                  |   |
| <input type="checkbox"/> fresh mint                     |   |
| <input type="checkbox"/> gyro flatbreads, or pita bread |   |
| <input type="checkbox"/> cos/romaine lettuce            |   |

WEEKEND

### CINNAMON CHURRO BUNS

- puff pastry
- butter
- cinnamon
- egg
- white/granulated sugar